



# USHAS MUDRA

**U**shas means dawn in Sanskrit. Ushas Devi is an exalted goddess mentioned in the *Rg Veda* as the sister of Agni, and Indra, the chieftain of *devas*, and as warding off evil spirits of the night, infusing a sense of dynamism in the early morning.

As dawn signifies the highest level of creativity, *Ushas mudra* is designed to energise the body and awaken creativity to unleash good things. The *mudra* activates the *Svadhithana Chakra* in the body, which is associated with all aspects of creativity.

### The *mudra* is simple to do:

- Clasp your fingers so your right thumb lies above the left.
- The right thumb presses slightly on the left thumb.

- Women should place the right thumb between the left thumb and index finger.
- Inhale vigorously and deep several times; open your eyes and mouth widely.
- While exhaling, let go of every tension.

Hold this *mudra* for about 15 minutes every day. It helps you wake up in the morning with a sense of freshness and mental alertness. It also harmonises the hormone system. Understood properly, this *mudra* is indeed a form of *namaskar*, or an act of supplication. Rub the palms of your hands with a mental picture of the rising sun. You are ready for a creative day 🕯️

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